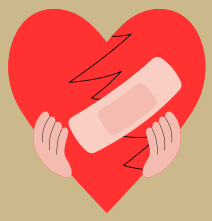
# Healing Together



**Building Resilience Through Mental Health Awareness and Communication**
**April 2025 Edition**

## Welcome

Hey there,

Welcome to Healing Together! This month, we're diving into mental health and how we can all build resilience—no matter our age. Whether you're a student, a parent, a teacher, or just someone navigating life, this newsletter is for you.

Let's break the stigma, learn healthy ways to cope, and start healing through honest conversations.

Take what you need. Share what helps. You are not alone.

— The Texas Recovering Together Team

## Resilience & Coping Corner

**What is Resilience?**

Resilience is the ability to bounce back after stress, disappointment, or hard times. It's not about avoiding struggle—it's about learning how to rise again.

**Coping Skills to Try This Month:**

• For Kids: Deep breathing with bubbles, coloring, using a calm-down corner
• For Teens: Journaling, creating playlists, mindfulness apps
• For Adults: Nature walks, saying "no" when needed, prayer or meditation

**Monthly Challenge:**

Create a Gratitude Jar – write down one thing each day you're grateful for and watch how your mindset shifts!

## Mental Health Awareness: Why It Matters

Mental health is about more than just emotions—it's how we think, act, and interact with the world around us. Just like we care for our bodies, we must care for our minds.

Did you know?
• 1 in 5 people will experience a mental health condition in their lifetime
• Kids and teens can show signs of stress through behavior changes
• Adults may mask mental strain with work, busyness, or silence

The good news? Help is available. Healing is possible. And talking about it is a great first step.

## Healing Through Communication

**Let's Talk. Really Talk!!**
Good communication is healing. It builds trust, reduces stress, and makes space for real connection.

**Tips for Every Age:**

• Use "I feel" statements instead of blame
• Listen to understand, not just to respond
• Make time to talk—without distractions
• Kids feel safest when adults listen without judgment
• Teens need safe spaces to speak honestly
• Adults benefit from open communication too—at home, work, or church

Try this: Family Feelings Night – everyone shares a high and a low from their week. No fixing. Just listening.

## Real Voices: A Story of Resilience

**“I used to think keeping everything in made me strong. But when I finally talked to a friend about what I was going through, I realized strength is asking for help. That conversation changed everything.”**

— Brianna

**“There were days I didn’t even know how to explain what I was feeling. But when someone finally just listened without judging me, it made all the difference. Sometimes you don’t need advice—you just need someone to hear you.”**

— Austin

**“I used to think pushing through was the only way to be strong. But real strength comes when my athletes know they can talk about what’s going on in their minds —not just push their bodies. Mental health is just as important as game day.”**

— Jasper High Coach

## Words to Carry With You

**Affirmation:** “I can handle hard things. I am growing every day.”

**Journal Prompt**: What helps me feel calm when I’m overwhelmed?


## What’s Happening This Month?

- **April 4:** Nursing Home Bingo in Hardin County @ 2pm -3pm
- **March 21:** IDD fun day Spindletop North Campus @ 9am - 2pm
- **March 25:** Blanchette Elementary STAAR parent night @ 5pm - 7pm

### Connect With Us

Texas Recovering Together
Email: Odalys.Rodriguez@stctr.org

### Need Help? You’re Not Alone

- 988 – Mental Health Crisis & Suicide Hotline (24/7)
- NAMI HelpLine: 1-800-950-NAMI (6264)

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